



Navalog

Jan. 13, 2017 Edition

SPECIAL POINTS OF
INTEREST:

NAVY EXCHANGE HOLIDAY
SALE

8 BELLS LECTURE

NUWC HOLDS SEAPERCH
COMPETITION

WINTER MOVING TIPS

FLEET & FAMILY CLASSES

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Focused on Training



Members of Officer Training Command Newport's (OTCN) Officer Candidate School (OCS) Class 7-17 get to work shoring up the damage during training held on Tuesday inside the "Buttercup" Damage Control Trainer located in building 403. The Buttercup is actually a small ship mock-up that floats inside a pool and is one of the five training tools physically used to teach students passing through their accession/indoctrination programs annually. The staff down at the Buttercup keep up a steady pace. They put through 173 courses for OCS and Officer Development School (ODS) last year training 3,980 personnel on basic damage control and the importance of learning to work together under stressful conditions. In addition to the OTCN trainees, the Buttercup has been opened up for training for other schools and commands including personnel from the Navy Supply Corps School, Naval Academy Prep School, visiting Navy ships and U.S. Coast Guard Ships.

OTCN's different schools and courses include OCS, the largest of the schools, which is a 9 week program. OTCN convened 17 OCS classes last year and graduated and commissioned 1,162 officers. Other OTCN schools include Officer Development School; the Limited Duty Officer/Chief Warrant Officers School; the Direct Commission Officer Indoctrination Course and the Seaman-to-Admiral (STA-21) program. For a video tour of the Buttercup, see this week's "Wednesday with the Skipper" at www.facebook.com/navstanewport. For more information on OTCN and their programs, go to: www.netc.navy.mil/nstc/otcn.

Happy 2017 Team Newport—do you have a story idea?
Email NWPT_ContactUs@navy.mil and give us your ideas!



Navy in Newport Volunteers Honor Dr. Martin Luther King's Birthday with Participation in 32nd Annual Torch Run

By NAVSTA Public Affairs

Navy in Newport volunteers from Marine Corps Detachment Newport, Naval Station (NAVSTA) Newport, Naval Health Clinic New England (NHCNE), Naval Academy Preparatory School (NAPS) and Surface Warfare Officers School will be participating in the 32nd annual Dr. Martin Luther King Jr. Torch Run that will kick off the holiday celebration, Jan. 16, at 9 a.m. from the site of the 1st Rhode Island Regiment Monument at Patriots Park, intersection of routes 24 and 114, in Portsmouth.

The monument honors the African-Americans who comprised the "Black Regiment" that fought in the historic Battle of Rhode Island in 1778 during the Revolutionary War. The run will start following a ceremony at the monument site. The Torch Run will be held rain (snow) or shine.

Navy in Newport commands have traditionally participated in this annual observance with a contingent of

volunteer runners to carry the torch and make the 8.5 mile relay run along Route 114. Runners will travel through Portsmouth, Middletown, and Newport to the finish line at



NAVSTA Military from all branches of the service have regularly participated in this annual 8.5 mile run showing their support to the ideals we celebrate on MLK Day. This file photo shows a group of Naval Academy Prep School midshipmen candidates carrying the torch in 2011.

Thompson Middle School, 39 Broadway, Newport.

The holiday celebration is sponsored by the Newport County branch of the NAACP. The theme for this year's national holiday observance is "We Shall Not Be Moved, Remember! Celebrate! Act! A Day On Not A Day Off"

Lt. Cmdr. Sherée Williams, a Naval War College student, is the

scheduled guest speaker at the annual birthday program starting at 9:30 a.m. at Thompson Middle School.

A special ceremony for Torch Run participants will be held at the morning program. Refreshments, pastry and fruit will be available for the runners.

The annual morning program will include teen speaker, Serenity Williams, a student at Gaudet Middle School. She is the daughter of Lt. Cmdr. Williams.

Navy Band Northeast 'Top Brass' brass quintet will perform at the birthday program. Midshipman Candidate Christopher Meacham, NAPS Class of 2017, will perform a saxophone rendition of the National Anthem.

Commands providing volunteers for the run should forward their names to Byron McKenzie, Medical Staff Services, NHCNE, at:

Byron.c.mckenzie.civ@mail.mil or bmckenzie@bu.edu.

A safety briefing for Navy and Marine Corps volunteers participating in the run will be held at the Chafee Fitness Center, Jan. 16, at 8 a.m. Participating commands should plan to provide their own transportation to the start point.

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Follow us on twitter [@NAVSTANEWPORTRI](https://twitter.com/NAVSTANEWPORTRI)

Base Condition Line: 841-2211

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formatted content.

Operational and Exercise Impacts are often communicated to the public first using the installation Facebook Page—'like' us at: www.facebook.com/NAVSTANewport to stay informed!

We are always looking for content to share with our community and welcome emailed .jpg images; png formats and word documents—please do not send PDF



NAVSTA Newport Firefighters Train to Rescue Each Other



Wearing their Personal Protective Equipment are Naval Station Newport Fire Department's **Rapid Intervention Team (RIT)** members, Capt. Jeff Gavitt (left) and Adam Peterson (right). Being rescued and prepared for extrication during the RIT training, held in building 1373 on Dec. 29, is Lt. Michael McLaughlin (center). In the background are some of the essential pieces of equipment that a deploying RIT team would carry: an air-replenishment breathing apparatus, a forcible exit tool and a RIT bag with other hand tools, ropes, hydraulic cutters, and power tools.

Photo by Bob Krekorian, NAVSTA Public Affairs

*By Bob Krekorian
NAVSTA Public Affairs*

A lot is asked of our Naval Station (NAVSTA) Newport firefighters who, as first responders, are expected to arrive quickly at the scene of a structural fire, medical emergency, suspected hazardous material incident or any other number of emergencies; determining the best tactic to attack the fire or mitigate the hazardous material, rescue victims from immediate danger to life and health (IDLH) environments, and depart the scene without injury.

But who rescues the rescuer?

What happens when a firefighter is performing fire suppression in an unfamiliar space and becomes lost or runs out of air?

This is one potential scenario that drives the fire department's Rapid Intervention Team (RIT) training.

"RIT consists of teams of firefighters working together to rescue one of their own who had become lost, trapped or incapacitated," said David Americo, NAVSTA Department Training Chief.

During the 1990's, the Occupational Safety and Health Administration (OSHA) issued the so-called two-in/two-out rule mandating that when two firefighters enter an IDLH environment, at least two firefighters shall be located outside prepared for RIT deployment.

Navy regulations are driven by National Fire Protection Association procedures; after an initial 24 hour

course, an annual eight hour refresher is mandated.

"Because of the technical requirements and the importance of this training, it's something we train on at least quarterly," Americo said.

"The idea is to have a fresh team available to perform RIT operations in the event an emergency befalls one of our own," he said.

According to Americo, a RIT operation is viewed as stressful, intense, strenuous, and challenging. "Our firefighters use every skill in their personal tool box to perform this type of rescue. It is an apex skill that requires use of a variety of skills and teamwork to be successful."

Such "tools" include: scene size-up, search, knowledge of building



construction, fire spread and behavior, communication, air management, victim removal, ropes and knots, teamwork, the ability to act quickly under poor and deteriorating conditions, and the ability to stay cool, calm and collected while working as part of a team.

"It's a lot to think about when one of your own is in trouble," Americo said. All NAVSTA Newport firefighters are qualified to perform rapid intervention.

The rescue effort is further complicated because the same hazards encountered by the interior crew will likely be encountered by the rescuers: crew running out of air, excessive heat (heat stroke/cardiac event), crew separation due to low visibility, and building instability.

As land based firefighters with a shipboard mission, NAVSTA Newport Fire and Emergency Services (FES) is provided with a unique opportunity to train hands-on in a realistic shipboard facility without the risk of damage to an actual vessel.

"We currently perform drills with home ported ships but we are limited by the operational requirements and the significant risk factors associated with moving hose lines and performing rescues in an active Navy or Coast Guard vessel," Americo said.

Lacking a dedicated training fa-

cility, NAVSTA firefighters are limited when it comes to realistic hands on exercises.

From March 2016 to November 2016, two CNRMA fire suppression trainers were loaned to NAVSTA Newport Fire and Emergency Services (FES).

A mask confidence trailer provides students an opportunity to use and familiarize themselves with their breathing apparatus in a no light environment.

The maze pattern within the trainer can be changed by the instructor forcing the students to overcome different obstacles designed to challenge and force them into difficult but safe situations.

The second trainer was a propane fired burn trailer that safely simulates a structural fire. Temperatures can rise to 500 degrees Fahrenheit. The instructor can set up three different fire locations forcing the students to react as if they were in a realistic fire situation.

The former Robinson Hall, being prepared for demolition, at the Surface Warfare Officers School, was also used to perform firefighter and civilian extrication using rapid intervention tactics.

"We really use rapid intervention teams as a safety net," said Capt. Jeffrey Gavitt. "Tactically, the first two firefighters going into a structural fire will stay in contact with



NAVSTA Fire and Emergency Services respond to a drill on Pier 2 during a previous Solid Curtain/Citadel Shied Training Exercise. As of Jan 11th, the department has responded to 29 emergency calls since the beginning of 2017.

each other as they advance toward the fire. Two other firefighters will be standing by tasked with RIT deployment."

Available manpower determines how a structural fire is attacked.

NAVSTA Newport FES also provides RIT support at Mutual Aid fires regularly, approximately two to three times monthly," Americo said. "Some of these responses require our firefighters to provide immediate fire suppression, ventilation, or search and rescue. In other instances we stand by, in the event of needed manpower, but are regularly called on to provide a rapid intervention team."

"A good day is when all firefighters go home after a shift," Gavitt said.

COMBINED FEDERAL CAMPAIGN (CFC) FOR 2016 "MAKE IT POSSIBLE":

Please consider CFC for your year end charitable contribution. CFC was implemented as a BENEFIT only for federal employees. This means that the CFC is not part of your job and is in no way a requirement, but merely a safe, efficient, and effective way to donate to the charity or charities of your choice in your community, country and/or internationally. You have been so generous in years past and it has been an honor working with you to make the CFC so successful. Your charity and your community are eternally grateful for the career you have chosen and the selfless giving you have shown through yearly charitable donations. **The campaign ended Dec. 31, but online pledging via the Nexus portal remains open through January 31.** Please consider pledging. If you need assistance or have any questions, please contact: Emily.gilmore@bostonabcd.org or call (617) 348-6228.





NUWC co-sponsors 7th annual regional SeaPerch Undersea Robotics Derby

By William Ferreira, Undersea Science and Engineering Foundation Inc.

Cold temperatures, a brisk breeze and an early morning start did not deter the students and adults who converged on the pool at New Bedford High School, New Bedford, Mass., on Dec. 10, for the 7th annual SeaPerch Undersea Robotics Derby.

NUWC Division Newport and the Undersea Science and Engineering Foundation (USEF) Inc. co-sponsored the event.

Students and robots competed in a quest for a chance to win a coveted invitation to take part in the National SeaPerch Competition to be held early in 2017.

Three teams qualified for a spot at nationals, including Rogers High School in Newport, BMC Durfee High School in Fall River, Mass., and Roosevelt Middle School of New Bedford, Mass.

Prior to the event, students and coaches warily eyed the set-up activity and strained to get a glimpse of the challenge props that they and their creations would encounter. Among the adults setting up under this close scrutiny were Derby designers from the National SeaPerch program office at NUWC Division Newport, volunteer staff, and swimmers who had arrived earlier to set up the underwater challenges and complete last-minute preparations for the event. Judges recruited by USEF rounded out the adult volunteers who gave their time to gather in New Bedford and make this event possible.

More than 90 students from 15 schools in southeast New England converged on New Bedford High School for this annual event, one of the regional qualifying events held across the country. Teams nation-

wide compete in regional events like these to qualify for a chance to participate in the prestigious National SeaPerch Challenge.

In preparation, 35 student teams carefully studied the challenges set in the pool, put their creations in the water for “sea trials,” fussed over robots and discussed strategies and maneuvers. Last-minute robot adjustments were made and competitor robot entries were carefully evaluated and eyed for better ideas. A fully equipped repair station manned

by Derby volunteers awaited those robots that did not travel well or for those who suffered failures during “sea trials” or the competition.

For the next four hours, teams competed, rushed to make repairs, exulted over successes and puzzled over possible fixes for unexpected problems. As in years past, team coaches and mentors, consigned to the viewing stands during the competition, could only watch as students encountered and overcame problems by applying what they learned over the months of preparation, building, and testing.

By noon trophies had been awarded and challenge props recovered from the pool and packed into a waiting truck. Students, coaches, mentors, families, Derby staff, swimmers and judges all left smiling, retelling hap-



Middle- and high-school student teams competed in the 7th annual SeaPerch Undersea Robotics Derby, co-hosted by NUWC Division Newport and the Undersea Science and Engineering Foundation Inc., at New Bedford High School, New Bedford, Mass., to qualify for the 2017 SeaPerch Nationals. After “sea trials” team coaches and mentors were consigned to the viewing stands for the competition, leaving students on their own to apply what they had learned from months of designing, building and practicing with their Derby entry.

Photo by Candie Desjardins

penings of the day and looking forward to next year’s Derby.

Derby sponsors NUWC and USEF expressed appreciation to all who helped with the event, acknowledging those who give so freely of their time and talent to make these events possible. Special thanks was given to the janitorial and facility engineering staff at New Bedford High School who work so hard to solve unusual and often last-minute requests.

To learn more about volunteering with NUWC Division Newport’s educational outreach programs contact Candie Desjardins, educational outreach coordinator at x3371, or email

candida.desjardins@navy.mil



Plan Your Winter Move with These Tips

From Joint Personal Property
Shipping Office, Northeast, Det. 2,
NAVSTA Newport

With the winter moving season upon us we would like to pass on some key moving tips to our community.

All personnel moving during the winter months should be aware snow and sleet storms may delay pickup and delivery of your household goods.

To minimize inconvenience should a storm occur, plan an extra day or two between your scheduled pickup and departure date. Leave phone and other utilities connected until all property has been picked up.

Remember that it's your responsibility to clear driveways and walkways of snow and ice, this includes outdoor storage sheds. Failure to do so will delay your move and could result in a cost to you for an attempted pick up charge.

Although we can control the commercial mover, we cannot control the weather - please prepare yourself for that unexpected happening by giving yourself some flexibility. It's your move and Joint Personal Property Shipping Office (JPPSO) Northeast Det. 2, will do whatever is necessary to make it as smooth as possible, but they need your help and understanding if the weather is uncooperative.

Other things to remember when your moving date arrives are:

- Get up early and be ready for movers.
- Get pets under control before movers arrive; perhaps see if they

can stay with a neighbor.

- Make sure cash, jewelry, important documents (passports, birth certificates, airline tickets) valuable items and medications are secure. The locked trunk of your vehicle is a good idea.

- Ensure you or your designated representative (a person over 18) is present the entire time the movers are at your residence.



- Verify the mover's inventory is detailed, complete and accurate. Don't accept any "miscellaneous" labels or entries, especially for valuable items.

- If your inventory is inaccurate, tell the mover's representative and write down why you disagree at the bottom of the inventory in the space marked for exceptions.

- It is your responsibility to disconnect electrical appliances (washer, dryer, stereo components, refrigerators) and water connections.

- Ensure any outdoor items, i.e. play equipment or lawn furniture has been disassembled and is free of snow and ice.

- Ensure all overseas shipments have seals applied to the container and are recorded on the descriptive inventory prior to removal from the residence.

- Do a final walkthrough prior to the mover departing to ensure all inventoried items have been removed from the residence and loaded on the truck.

- Keep the JPPSO's phone number on hand. If any problems or questions arise. In case of problems on the day of your pack, pickup or delivery (7:30 a.m. to 5 p.m. Eastern Standard Time), call (401) 841-4896. After those hours call (978) 987-6546.

There is a standby person who will answer the phone, or you will be asked to leave a voice mail. For voice mail, leave your complete phone number, including area code, and your call will be returned as soon as possible.

Additionally, you can locate numerous resources that may assist you throughout your move via the website at: <http://www.move.mil>. JPPSO encourages you to take a minute and review this valuable resource.

Lastly, please take the time to complete the Customer Satisfaction Survey that will be sent to you within seven days of the completion of your move.

Your survey data provides valuable feedback to the movers so they can evaluate and enhance their performance. Your feedback will improve the household shipping experience for the entire Military/DOD community.

JPPSO's goal is to exceed their customer's expectations by providing timely and efficient quality movement of DOD and Coast Guard personal property, through highly motivated and professional employees dedicated to obtaining the best valued service to meet our customer needs.

IF YOU SEE SOMETHING SAY SOMETHING

Solid Curtain/Citadel Shield nation wide Navy training exercise will be held Jan. 30 through Feb. 10 on installations throughout the continental U.S.—be prepared.



NAVSTA Fire Department Recommended for Accreditation

By NAVSTA Public Affairs

The Naval Station (NAVSTA) Newport Fire Department has been recommended for accreditation following a four-day Accreditation Team visit during which a peer assessment team reviewed documentation, exhibits, and evidence on all aspects performed by the department.

A commission hearing will review the findings in March 2017.

During the hearing, the commission will review two documents created by the department: the Community Risk Assessment and the Standards of Cover (CRASOC) which when combined are a comprehensive review of the geographical and physical features within the response dis-

trict and the risks faced by the department.

The second document is the Strategic Plan for 2017-2021 that outlines short, medium, and long term goals of the department.

The Accreditation Team visit follows an approximately two year period of preparation by department personnel that included a review of all duties and department programs.

“Our preparation consisted of honest and often harsh self-assessments,” Fire Chief Timothy Kerrigan said.

The Accreditation Team consisted of four fire chiefs and assistant fire chiefs from Florida, Colorado, Ohio and Washington state.

Team members also met with and interviewed outside organizations



and NAVSTA Newport staff and departments on their role in support of the work relationship with the department.

The commission hearing is considered the last hurdle to accreditation.

“The NAVSTA Newport fire department would become the first accredited department in Navy Region Mid-Atlantic outside of the fleet concentration area and one of the first in the country to complete the program under revised guidelines,” Kerrigan said.



During the holiday leave period, the **Naval Sea Cadet Corps (NSCC)** visited Naval Station Newport with 128 Sea Cadets from the New England, Mid-Atlantic, and Midwest states, and 17 adult staff and instructors, Dec. 26 to Jan. 1. They conducted their 2016 NSCC Regional Petty Officer Leadership Academy (POLA), Emergency Medicine Seminar (EMS) and Master-at-Arms Law Enforcement Academy (MAALEA). Above, Information Systems Technician Senior Chief Jeremy Goyette, Senior Enlisted Academy (SEA), takes questions, about Maslow’s hierarchy of needs as it relates to what motivates and influences an individual’s behavior and productivity from 48 Sea Cadets attending POLA classes in Tomich Hall auditorium on Dec. 29.

Photo by Bob Krekorian, NAVSTA Public Affairs



Lisa Smith
Molinari

Seven “small stuff” to Sweat in 2017

As we board life’s runaway train for another year of twists and turns and ups and downs, we can’t help but wonder, “How can we ensure our happiness, when we have no control over the economy, deployments, interest rates, orders, our health and the future?”

Fact is, we can’t control the “big-ticket” items in our lives, but what about the small stuff? Throughout the course of a normal day, we make hundreds of seemingly insignificant choices that can affect our overall happiness. Like the tiny Lilliputians in *Gulliver’s Travels*, we can wrestle giants by pulling a few small strings in our daily routines.

#1 Wear comfortable underwear. Ever had one of those days when your undies were in a bunch, literally? You dig your skivvies out of your crevasse, but they creep back in. The constant wedgie adds a subtle undertone of discomfort to your day, making you grumpy and more likely to snap at your boss, your kids, and your spouse. It doesn’t matter if you prefer the near-commando feel of a thong, or the maximum coverage of cotton briefs – wear comfy undies if you want this to be a good year.

#2 Install a new shower head. Does your shower emit a wimpy trickle, making it difficult to lather, rinse and repeat? Do you spend the rest of the day feeling greasy and lacking self-confidence? Dash to your nearest hardware store and find a shower head with a water output similar to that of a regulation fire hose. The therapeutic massaging action of the pelting water will blast away stress, tension, toxins, troubles, soap, conditioner . . . and sometimes the first

layer of skin. Regardless, you will emerge cleansed, refreshed, and ready to face the year with confidence.



#3 Attain digestive regularity. Have you ever had one of those days when your pipes are clogged? Do your intestines occasionally go on strike? Does your digestive tract stubbornly maintain a holding pattern, with no landing scheduled on the flight plan? Let’s face it – if the “magic” doesn’t happen, it can ruin your day. You feel full, heavy, lethargic, bloated, and irritable. Eat leafy greens, guzzle copious amounts of coffee, get new reading material for the bathroom -- do whatever it takes to convince your nether regions to declare a truce. Succeed in attaining digestive regularity, and you will face the challenges of this year with a cheerful spring in your step.

#4 Go to bed! According to the National Sleep Foundation, adults need 7-9 hours of sleep. Lack of adequate sleep negatively affects physical and mental health, attention span, memory, learning and even body mass index. Put down that clicker and toddle off to bed an hour earlier, and 2017 may be the year of your dreams.

#5 Good morning sunshine! Not only will 15 minutes of exposure to sunlight three times a week boost your body’s supply of vitamin D, but sunshine (even in artificial forms for those of you stationed in Alaska) can have a positive affect on people prone to depression and anxiety.

#6 Mange, mange! Overindulgence during the holidays may have you wanting to eat less, but “grazing” throughout the day really can make you happier. Eating six healthy meals/snacks spaced evenly throughout the day will keep your blood sugar, energy level, weight, and mood on an even keel.

#7 The Dog Days aren’t over. For the last 25 years, research has shown that living with pets lowers blood pressure and anxiety. And some new studies actually indicate that children who grow up in households with pets are LESS likely to have asthma and allergies. Who knew?

You may not be able to change your spouse’s deployment schedule, run marathons, or win the lottery in 2017, but sometimes it’s the little things in life that make the biggest impact.

(Lisa provided this column for publication during our holiday break... we agree with her advice and wanted to make sure to share it with our readers.... even if we are nearly 2 weeks into the new year!)

Lisa’s syndicated column appears in military and civilian newspapers including *Stars and Stripes*, and on her blog at www.themeatandpotatoesoflife.com and can be contacted at meatandpotatoesoflife@gmail.com or on Twitter: [@MolinariWrites](https://twitter.com/MolinariWrites) or ‘like’ her on Facebook at: <https://facebook.com/TheMeatandPotatoesofLife>

FLEET & FAMILY SUPPORT CENTER



Workshops: Registration is required and may be made by calling 401-841-2283.

Programs Scheduled for January 2017

Jan 17: Thrift Savings Plan, 10 to 11:30 a.m.

Jan. 17, 24, 31: Parenting, Love & Logic, 1 to 2:30 p.m.

Jan. 18: New Spouse Orientation, 1 to 2:30 p.m.

Jan. 18: Homebuyers' Seminar, 6 to 8 p.m.

Jan.19: Family Advocacy Training for Command Leadership, 8 to 9:30 a.m.

Jan 23: Smooth Move, 9:30 to 11 a.m.

Jan. 24: Anger Management, 1 to 2:30 p.m.

Jan. 25 -26: Accessing Higher Education, 4 to 6 p.m. (MWR Classroom)

Jan. 26: SAPR VA Refresher Training, 9 to 11 a.m. or 1 to 3 p.m.

Jan. 30: Develop your Spending Plan, 2:30 to 4 p.m.

Jan. 31: FAP/SAPR Training for CDO's. 8 to 9 a.m.

Subscribe to the FFSC Monthly Newsletter by sending a request to:
Elaine.m.fleming@navy.mil

Fleet and Family Support Center
Naval Station Newport
(401) 841-2283



To Be Mentally Strong Do Less of These 13 Things

In the words of Amy Morin, Psychotherapist and author of "13 Things Mentally Strong People Don't Do," well-meaning advice like 'try your best' or 'think positive' may not be the most effective behavior.

She advises comparing a mental strength to a physical strength. If going to the gym keeps your body strong, it makes sense to build mental muscle.

When I need to make a life change, it is often easier for me to hear 'try to do this less' rather than 'this is what you need to do.' There is a little stubborn part of me that may never do what I'm told!

So here goes, with a little of my editorializing in the parentheses. **Don't:**

1. Waste time feeling sorry for yourself.
2. Give away your power. (Others can only take your power IF YOU ALLOW them to)
3. Shy away from change. (Change may be more dependable than death or taxes!)
4. Waste energy on things you can't change. (Drop a hula hoop over your head. That's usually your area of change)
5. Worry about pleasing others. (This can be a deep seated learned behavior)
6. Fear taking calculated risks.
7. Dwell on the past.
8. Make the same mistakes over and over. (While expecting different results)
9. Resent other people's successes.
10. Give up after failure.
11. Fear alone time.
12. Feel the world owes you anything. (Because it doesn't. Fact.)
13. Expect immediate results. (Think diet!)

This may seem like a lot, but at FFSC they offer 12 sessions of counseling at your convenience to **develop a plan and work some of these things out. No time like the present so call them 841-2283 to get started building habits to increase your mental strength.**

Excerpts taken from "13 Things Mentally Strong People Don't Do"

**SUBMIT YOUR
TUITION
ASSISTANCE
REQUEST EARLY!**

**FOR MORE INFORMATION, VISIT
NAVYCOLLEGE.NAVY.MIL**

MORALE, WELFARE, & RECREATION



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OFFICERS' CLUB, BUILDING 95

OPEN TO ALL PATRONS WITH BASE ACCESS

Kitchen closes an hour before closing time.

WEEKLY SPECIALS: begin at 5 p.m. unless indicated

****Weekly specials and special nights are not available for take-out****

MONDAY

½ price appetizers* from 4 - 6 p.m. *Appetizers are those items listed under "Appetizers" on the dinner menu; some exclusions may apply.

TRIO TUESDAY

Seaside Trio - Crock of Chowder, Stuffed and ½ order of Calamari

PASTA NIGHT WEDNESDAY

Pasta, Meatballs & Garlic Knot

LOBSTER THURSDAY

Traditional Boiled Lobster OR O'Club Lazy Style, both served with potato, corn on the cob, sausage & onions. **below market prices**

TCIF FRIDAY

Wing Buffet! 4 - 6 p.m. ~ Choose from Buffalo, BBQ, Garlic Parmesan, Teriyaki or Sweet Chili

SATURDAY

50% off all entrees* from 4 - 7 p.m.

*Entrees are those items listed under "Entrees" on the dinner menu; no sharing or split plates please.

COMMUNITY RECREATION CENTER, BUILDING 656

OPEN TO ALL PATRONS WITH BASE ACCESS

Kitchen closes an hour before closing time.

ALL HANDS LUNCH

Open to all base patrons! Order lunch in the E'Club or Seaview Lanes, weekdays starting at 11 a.m.

TUESDAY

Free fountain soda with a lunch purchase, 11 a.m.-1:30 p.m.

WEDNESDAY

All-you-can-eat Pizza & Salad buffet, 11 a.m. - 1:30 p.m., Pasta dinner special, 5 - 7:30 p.m.

THURSDAY

All-you-can-eat Taco Buffet, 11 a.m. - 1:30 p.m.

FRIDAY

Barbecue Pulled Chicken Sandwich with chips or fries, 11 a.m. - 1:30 p.m.

SEAVIEW LANES BOWLING CENTER

SUNDAY

Bowl for a discounted price a game*.

MONDAY

Discounted active duty military bowling, priced per game* 11 a.m. - 8 p.m.

MONDAYS-FRIDAYS 11 a.m.-3:30 p.m.

Discounted bowling for children and adults, priced per game*.

GROUP BOWLING PARTIES

Monday-Friday, priced per person, includes two games of bowling, shoe rental, pizza and soda. Call (401) 841-2094 to book your party.

BOWLING LEAGUES

There are bowling leagues on Tuesday, Thursday and Friday nights. There will be limited lanes available after 5 p.m.

*per person

HEROES & Princesses

SATURDAY, JANUARY 21

Seating times: 10 a.m. - 1 p.m. • the Officers' Club

BREAKFAST PICTURES ARTS & CRAFTS

Priced per adult & children (3-12) Children 2 and under free
Tickets may be purchased at the Officers' Club Monday-Friday, 9-11 p.m. or 2-5 p.m. or call (401) 841-1442. Open to all patrons with base access.

The Department of the Navy does not endorse any company, sponsor or their products or services.



MWR's Rhode Island Adventures (RIAD) upcoming trips:



Indoor Rock Climbing A Saturday in January

Outdoor activities not your cup of tea? Then Join us for full day of indoor rock climbing at Rock Spot Climbing. Tickets are priced per person (half price for liberty eligible patrons: single or unaccompanied 18-25 years old). Ticket includes transportation, gear rental and three hours of climbing. Event is for ages 5 years old and older. Sign up at Seaview Lanes Bowling Center, Building 656.

For more information email
RIAD.MWRNewport@gmail.com
or call (401) 841-4293.



JOHN H. CHAFEE FITNESS CENTER

The fitness center and events are open to active duty personnel, retirees, reservists, eligible family members & DoD employees. Contractors and retired DoD employees are NOT eligible to use the fitness center. For more information, call (401) 841-7354. Patrons must sign up at the front desk for all events before event date.

LES MILLS BODYPUMP 100 LAUNCH EVENT

Thu., Jan. 19 5:30-6:30 p.m. & Sat., Jan. 21 8-9 a.m.

Come celebrate a STRONGER YOU at the BODYPUMP™ 100 launch! The REP EFFECT™ allows us to get all the benefits of resistance training without lifting heavy weights. It's the key to developing long, lean muscles. Light refreshments and prizes provided! Register at the John H. Chafee front desk.

WINTER SPORTS SAFETY AWARENESS

Thursday, January 19

Stop by the John H. Chafee Fitness Center and pick up current information about winter sports and the safety associated with them.

PUNT, PASS & KICK FITNESS CHALLENGE

Wednesday, January 25

10:30 a.m.-12:30 p.m. & 3-5:30 p.m.

Are you ready for some football? Join the fitness and sports staff for its 2nd Annual Punt, Pass and Kick Challenge. Sign up at John H. Chafee Fitness Center beginning Tuesday, January 16.

NEW YEAR, NEW YOU CLASS SAMPLER

Saturday, January 28 8-10 a.m.

No more excuses! Make it your New Year's resolution to try a new class! Join us for a 30-minute sampling of each: row/TRX combo, extreme interval, and cardio core fusion! Light refreshments provided.

AT THE CLINICS

EDUCATION SERVICES:	January 2017 NAVAL HEALTH CLINIC NEW ENGLAND HEALTH PROMOTION & WELLNESS CLINIC	
Diabetes	Join the January Challenge. Commit yourself to making at least one healthy change to your lifestyle.	
Nutrition		
Diabetes Support Group		
Food Fitness & Healthy Heart	January 17:	Chair Exercise Class 9:30 a.m.-10:15 a.m. Weight Management Support Group 11:00 a.m.-12:00 p.m. Ship Shape
Pregnancy Nutrition		
Ship Shape	January 23:	Food, Fitness and Healthy Heart 12:00 p.m.-1:00 p.m.
Tobacco Cessation	January 24:	Chair Exercise Class 9:30 a.m.-10:15 a.m. Weight Management Support Group 11:00 a.m.-12:00 p.m. Ship Shape
Weight Management Support Group		
Contact us to schedule a class or appointment:	January 30:	Food, Fitness and Healthy Heart 12:00 p.m.-1:00 p.m.
(401) 841-6777		
Health Promotion		

NHCNE Hours of Operation

Naval Health Clinic New England (NHCNE), Newport, **services for primary care and ancillary services of laboratory and radiology will be closed on Saturdays.** Only the NHCNE Pharmacy will be open on Saturdays from 8 a.m. to noon.



Convenient, complete patient access.

Need to message your Primary Care Doctor for a non-urgent matter? Register for secure, fast messaging at relayhealth.com to schedule appointments, refill prescriptions, request a referral, and more!



Treatment Facility



Call 1-800-TRICARE (874-2273); Option 1
24 hours a day, 7 days a week



Squanto, the Jindo

Veterinary Clinic

Great companion pets are seeking homes this winter. Consider searching for a pet online or at your local shelter. As pets age, they will need regular preventative vet care to stay in good health.

The U.S. Army Newport Veterinary Clinic, located in Building 1255 Whipple Street next to Leisure Bay, is open Mondays, Tuesdays, and Fridays from 8 a.m. to 4 p.m. Pets are seen by appointment only. Call 841-3994 to schedule an appointment or for information.

Only Active duty military personnel, their dependents, reservists, members of the National Guard, and retired military personnel are authorized to use the Veterinary Clinic.

The Newport Veterinary Clinic offers wellness exams, minor sick call exams, routine vaccinations, pet supplies, including flea and tick prevention, and Health Certificate preparation and exams. Follow them on Facebook at:

facebook.com/newportvetclinic/



CHAPEL OF HOPE SERVICES

Weekday Special Services:

NAPS Bible Study is Monday at 6 p.m. **Protestant Women of the Chapel (PWOC)** is on Tuesdays at 6:30 p.m. A weekly **Catholic mass** is on Wednesdays at 12 p.m. The **Muslim prayer** room is available every Friday from 12 p.m. to 3 p.m. at the Chapel of Hope.

Weekend Services (SUNDAY):

7:45 a.m. Protestant Liturgical Service (weekly Communion)

9 a.m. Catholic Mass, Chapel of Hope

9 a.m. Open Bible Study at Perry Hall Room 100

10:30 a.m. Protestant Contemporary Service



Need to talk? There are many resources for service members to talk to that offer confidentiality, i.e. Medical, Fleet and Family counselors. These resources offer a limited form of confidentiality and certain topics must be reported when disclosed to them. **Navy Chaplains are an exception to this rule and offer 100% COMPLETE confidentiality to all service members.** A Chaplain is available 24 hours a day, between 7:30 a.m. to 4 p.m. Monday-Friday, call 841-2234. To speak to a Chaplain after hours call (401) 862-8457.

AT THE MUSEUM



Naval War College Museum announces new exhibit

By Liz DeLucia, U.S. Naval War College Museum

The U.S. Naval War College Museum is hosting a new exhibit, “This is No Drill: The United States Enters World War II,” that will be on display until June 1, 2017.

The exhibit is inspired by the “urgent” radiogram that went out to all U.S. Navy ships near Hawaii on Dec. 7, 1941, stating “AIR RAID ON PEARL HARBOR X THIS IS NO DRILL.”

Rear Adm. Husband E. Kimmel, then-commander in chief of the Pacific Fleet, sent the message moments after Japanese aircraft began dropping bombs on the U.S. naval base at Pearl Harbor.

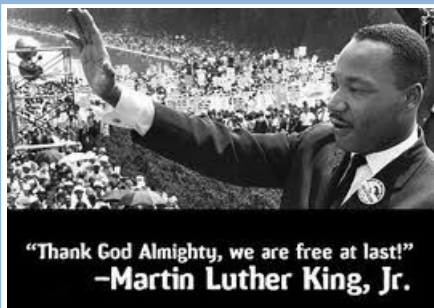
Less than two hours later, more than 2,400 people had lost their lives and many more were wounded in the attack that pushed the United States into World War II.

The exhibit occupies the museum’s art gallery on the first floor and features artifacts related to the events at Pearl Harbor. Artifacts include a metal fragment of USS Arizona; a diorama by Robert D. Bracci entitled, “Last Liberty,” which depicts Arizona’s crew preparing to go ashore for what will turn out to be their final evening of rest and relaxation; a Royal Navy Volunteer Reserve uniform worn by American Alex Cherry; and models of Japanese naval aircraft used in World War II.

For more information or to schedule a tour, contact 401-841-4052 or visit <https://www.usnwc.edu/museum>

Join us on **Feb. 2**, at noon, for the Naval War College (NWC) Museum’s **8 Bells Lecture** at the Seamen’s Church Institute (SCI), 18 Market St., downtown Newport, to learn about, “Nixon’s Back Channel to Moscow: Confidential Diplomacy and Détente,” by Richard Moss. Most Americans consider détente to be among the Nixon administration’s most significant foreign policy successes. Moss is an associate research professor, co-director of the Halsey Bravo research effort, and a faculty affiliate in the Russian Maritime Studies Institute, NWC. His study documents and analyzes US-Soviet back channels during the détente era.

This monthly lecture series is free and open to the public; and no reservations are required. Parking, first come first served, is available in the lot next to SCI; or the Mary St. lot, free for Newport residents; and metered parking also. Bring a friend.



MLK Day Holiday Hours

Monday, Jan. 16 is a federal holiday and most commands will be closed. Retail and Recreational facilities will be observing their holiday hours so plan accordingly and have a safe holiday weekend.

PSD/ID Card Section Info

The NAVSTA Newport DEERS/ID Card Section will be closed Jan. 16 due to the Federal Holiday.

The Section will be processing customers Jan. 17-20 7:30 a.m. to 4 p.m. All walk-ins must be completely processed by 4 p.m., and they only accept customers that they can completely process prior to this time. Please visit their web site at <http://rapids-appointments.dmdc.osd.mil> to schedule an appointment during the non-student priority periods. The office has been having some issues with CAC Card processing, you may want to call ahead to verify the software is working properly, call 841-2601. Thank you for your co-operation.

Restoration Advisory Board

Interested in learning about the progress of the environmental cleanups of old Navy sites on and near the west side of Aquidneck Island? Come to the Restoration Advisory Board (RAB) meeting taking place, Weds., Jan 18 at 6:30 p.m. at the Courtyard Marriott, 9 Commerce Dr., Middletown. For

more information about this meeting, RAB history and what the RAB does, go to

www.rabnewportri.org



On-Base Blood Drives Scheduled in January 2017

The Rhode Island Blood Center will hold blood drives at Naval Station Newport in January on the following dates:

- Jan. 16: Chafee Fitness Center, 2nd Floor, 3:30 to 7:30 p.m.
 - Jan. 19: Naval Health Clinic New England, Command Conference Room, 11 a.m. to 4 p.m.
 - Jan. 19: Officer Training Command, noon to 4 p.m., Bloodmobile, Nimitz Hall lot.
- January is National Blood Donor Month. All donors will receive a \$5 Dunkin Donuts gift card.

NEX Gives Back to Students with it's A-OK Rewards

The Navy Exchange Service Command (NEXCOM) has been offering students a chance to help pay for college through its A-OK Student Reward Program since 1997. The A-OK Student Reward Program invites all qualified students to participate in a quarterly drawing for monetary awards of \$2,500, \$1,500, \$1,000 or \$500 for a total of \$5,500 per quarter. Ask Customer Service about how you can register the next time you're in the store shopping for great NEX values.

Military Spouse Scholarships Available

The National Military Family Association (NMFA) spouse scholar-

ships and professional funds program is accepting applications now through Jan. 15, 2017.

Simply answer some survey questions and complete a short essay to be considered.

Awards range from \$500 to \$2,500. Go to www.militaryfamily.org or <http://www.militaryfamily.org/spouses-scholarships/scholarships.html> for more info and to apply.

Choristers Seeking New Members

The Newport Navy Choristers will open their 2017 season with a first rehearsal on Jan. 3, 7 to 9:30 p.m., in Perry Hall, Room 100. The Choristers will be under the direction of new director Lori McDowell, a retired CPO, who replaced Joann Loewenthal, who retired in May 2016 after directing the chorus for 20 years. Rehearsals are scheduled every Tuesday. The Choristers are composed of active duty military, retirees, reservists, and their dependents 16 years and older. For more information, all Pat McGue, 401-849-1135.

RI Marine Archaeology Project Annual Meeting

The RI Marine Archaeology Project (RIMAP) will hold its annual meeting, Jan. 14, 3 to 4 p.m., in the Council Chambers, Town Hall, 2200 East Main Road, Portsmouth, R.I.

The event is free and open to the public.

A review of 2016 activities and volunteer recognition will follow a general business meeting.

For more information, contact RIMAP at rhodeislandmap@yahoo.com; or call 401-253-2094

NOW HEAR THIS

U.S. Post Office on Base

There is a U.S. Post office located at 1900 Peary St. that is open Mon-Fri from 10 a.m. to 1:30 p.m. and Saturdays from 9 a.m. to 1 p.m. The post office is closed Sundays and federal holidays. Anyone with routine base access is eligible to use this U.S. Post Office.

Solid Curtain/Citadel Shield 2017

This annual Navy wide continental U.S. training exercise will be run Jan 30 through Feb 10. The training will have impacts on gate operations and other facilities/departments onboard NAVSTA Newport so please stay informed and be prepared. Full story about this annual training will be in next week's Navalog.

Need a Cab?

DON'T DRINK & DRIVE!

Here on Aquidneck Island, Orange Cab (401-737-2868); Bizarros Transportation (774-930-2416) and Airport Taxi (401-841-0030) have drivers who have been cleared to drive onto the installation - so just specify you want to be

picked up or dropped off on the base when you call for the cab. UBER/Lyft drivers without their own official DoD issued ID card or installation access from security, must drop and pick up passengers at the gate. Stay safe!

Navy Exchange SALE!!!!

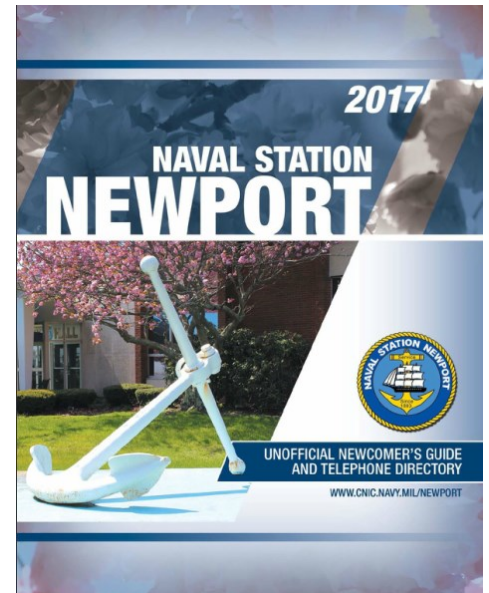
On Monday, Martin Luther King Day, holiday hours will be 9 a.m. to 5 p.m. **The Navy Exchange is having a HUGE 4 day sale January 13-16.** Save on electronics, men's and ladies apparel and housewares. You can also take an additional 30% off of softlines clearance with tickets ending .96 & .97 only.

Fit Clinic volunteers needed! The NEX Uniform Center will be hosting a Fit Clinic on January 27th

from 9:30 a.m. to 4 p.m. We are looking for willing females to try on and provide feedback on the "new" Service Dress White Women's Choker.



NEX Annual Inventory will be Jan. 28 and 30th and will result in some adjustments to shopping hours at their facilities, see next week's **NAVALOG** for details.



Need a phone number on base? Check out our 2017 Base Guide & Directory available online at: http://mybaseguide.com/navy/39/ns_newport

It's a great link to share with family members who are arriving onboard for a graduation ceremony. Spread the word!

TRAFFIC ATTENTION FAST DRIVERS!

NAVSTA POLICE are issuing Federal Traffic violation tickets that will result in monetary fines or you can contest them by going to federal court in Providence. This is in addition to running the risk of having your driving privileges on the base suspended by the Commanding Officer—Please slow down and remind your colleagues to do the same.



Scheduled lane closures:

Defense Highway:

The northbound lane of Defense Highway just south of Greene Lane will be closed from **8 a.m. to 4:30 p.m. on Mon., Jan 16th (MLK Day)** for excavation work. This should have a minimal impact due to the federal holiday but please do be careful if you are planning on using that road on Monday.

Gate 23 NUWC & CDC Bushnell St. work is ongoing for gate/turnstyle repairs.



Gate Hours:

Following are routine gate hours:

- Gate 1: Gate 1 is open 7 days a week/24 hours a day for routine traffic. (see exception at right)
- Gate 2: Open for morning commute Mon-Fri, from 6:30 to 8:30 a.m. to alleviate Gate 1 backups - incoming traffic only.
- Gate 17: Open Mon-Fri from 6 a.m. to 6 p.m.
- NHCNE Gate 7: Open Mon-Fri 6 a.m. to 6 p.m.
- NUWC Gate 23: work is ongoing Mon-Fri from 9 a.m. to 3:30 p.m. for Hydraulic Vehicle Barrier (HVB) repairs

HOT JOBS

USAJOBS
"WORKING FOR AMERICA"

There are **ALWAYS** jobs available within the commands and departments onboard Naval Station Newport and most can be found at the USAJOBS.gov website. NAVFAC Public Works Newport has 28 vacancies. Additional opportunities for veterans are listed with the Rhode Island Dept. of Labor, www.showyourstripes.com and dozens of other sites—stop by Fleet & Family Support Center and spruce up your resume.



CRITICAL VACANCIES: MWR is in need of employees to fill vacancies at the Child and Youth Programs facilities (Teen Center/Child Development Center) The positions are advertised NOW along with many others around the installation. Go to USAJOBS.gov today or recommend this opportunity to someone you know in the job market. Military spouses are welcomed to apply!



NEWPORT

Naval Facilities Engineering Command Newport is looking for tradesmen, engineers and a myriad of other types of employees to fill vacancies now and to line up for opportunities in the future—go to www.USAJOBS.gov or to learn more about NAVFAC, go to: http://www.navfac.navy.mil/navfac_worldwide/atlantic/fecs/mid-

The Navy Undersea Warfare Center Division Newport is hiring dozens of high paying jobs—they are also available for review on USAJOBS.Gov—start the new year off with a position that has growth potential and exciting opportunity! JOIN the NAVSEA Team



The Navy Lodge is looking for a Housekeeping attendant and NGIS is looking for a custodial worker and front desk associate! Apply at:

https://nexcom.taleo.net/careersection/nexcom_external_hourly_cs/default.ftl

If you're interested in a job with the federal government, visit USAJOBS.gov, the official one-stop source –type in “Newport, RI” into the location to find a job near you!

The Navy Exchange is hiring for:

Supervisory personalized services; Sales Clerks; maintenance workers and more— Come join our sales team and learn about what we can do for you! https://nexcom.taleo.net/careersection/nexcom_external_hourly_cs/default.ftl





Midshipman Awarded Navy and Marine Corps Medal for Heroism

ANNAPOLIS, Md. (NNS) -- A U.S. Naval Academy midshipman received the Navy and Marine Corps Medal Jan. 10 in front of the entire Brigade of Midshipmen assembled in Alumni Hall.

Midshipman 3rd Class Jonathan Dennler received the medal, the highest non-combat decoration awarded for heroism by the U.S. Department of the Navy, for heroic actions while leading a Boy Scout troop, July 2016.

While camping in Quetico Provincial Park in Ontario, Canada, the troop experienced a major storm with up to 80 mph gusts and lightning strikes. Two trees fell on the campsite, killing a scout and an adult volunteer and severely injuring others.

When Dennler couldn't contact anyone on the radio for help, he canoed more than 1.5 miles at night in 60 mph winds to a ranger station to bring back help and medical supplies.

The Navy and Marine Corps Medal falls in order of precedence just below the Distinguished Flying Cross and above the Bronze Star. It was first bestowed during World War II, to then Lt. j.g. John F. Kennedy. Only about 3,000 have received the award since. To win this award, there must be evidence the act of heroism involved very specific life-threatening risk to the awardee.

The award came as a surprise to both Dennler and his classmates, who listened in silence while academy Superintendent Vice Adm. Ted Carter read the award citation then gave him a rousing standing ovation.

"It was an incredibly humbling and unexpected experience," said Dennler. "I'm very thankful to everyone who helped to make that happen and for the support of my family and



U.S. Naval Academy Superintendent Vice Adm. Ted Carter, left, pins the Navy and Marine Corps Medal on Midshipman 3rd Class Jonathan Dennler's uniform. Dennler received the medal - the highest non-combat decoration awarded for heroism by the U.S. Department of the Navy - for heroic actions while leading a Boy Scout troop in July 2016. During a major storm, two trees fell on the campsite, killing a scout and an adult volunteer and severely injuring others. When he couldn't contact anyone on the radio for help, he canoed more than 1.5 miles at night in 60 mph winds and a lightning storm to a ranger station to bring back help and medical supplies.

Photo by Kenneth Aston

friends."

The award wasn't a surprise to his parents, who also attended the award presentation. Dennler's mother, Monica Dennler, described her son as "persistent and tenacious."

"He knows how to persevere, and has a kind heart," she said. "He was the only one who knew what to do back in high school when a classmate broke their leg at a basketball game, because he was an Eagle Scout."

"He is a quiet young man who would not want a big fuss, but rightfully deserves it," said 20th Company Senior Enlisted Leader Chief Electronics Technician Nicholas Howell. "Out of his classmates, he is the one who has the level head to

think clearly and decisively act to contain the situation and help bring about the best possible solution."

Dennler is a political science major and member of 20th Company. He completed two years of college at George Washington University before transferring to the Naval Academy.

"USNA has taught me how to work and think in environments where many things are out of my control, and I think the academy helps to create mindsets that put others first," said Dennler. "I am incredibly thankful for those lessons."

An active member of the academy's Semper Fi Society, he hopes to serve in the Marine Corps after graduating from the academy in 2019.



Surface Navy Association National Symposium Kicks Off

By MC2 Charlotte C. Oliver

CRYSTAL CITY, Va. (NNS) --

The Surface Navy Association's (SNA) 29th annual National Symposium opened Jan. 10 with a video displaying the superior technology and warfare of the United States Navy fleet in Crystal City, Virginia.

The theme this year was "Distributed Lethality: Enabling Sea Control" to highlight the doctrine of distributed lethality as a valuable warfare strategy that enhances Naval power at and from the sea.

The symposium gave Navy leaders, government officials and members of private industry an opportunity to discuss the continued national value of a strong Naval Surface Force.

Vice Adm. Thomas Rowden, Commander, Naval Surface Forces, opened the symposium with "The Surface Navy Today" where he talked of returning to sea control and strengthening our naval forces.

"We, as the United States Navy, are back in the sea control game again in a big way and just how we got here is worth remembering," said Rowden. He spoke of the Navy's history and the nearly 600 ships in the 1980s. "It was a powerful Navy able to impose sea control where we needed against a powerful foe that wanted to deny it. Simply put the world has changed and so must we."

Fleet and force Master Chiefs from around the Navy hosted an enlisted round table luncheon to



Vice Adm. Tom Rowden, Commander, Naval Surface Forces, gives opening remarks at the 29th annual Surface Navy Association (SNA) National Symposium. Rowden is highlighting the new "Surface Force Strategy" which describes the return to sea control and implementation of Distributed Lethality. The objective of the Surface Force Strategy is to achieve and sustain sea control at the time and place of the Navy's choosing in order to protect the homeland from afar, build and maintain global security, project the national power of the United States, and, if necessary, win decisively. This year's SNA Symposium focuses on "Distributed Lethality: Enabling Sea Control." *Photo by Mass Communication Specialist 2nd Class Ignacio Perez*

discuss issues and gain insight to help the Sailors of the surface Navy. The luncheon ended with remarks by Navy Master Chief Petty Officer of the Navy Steven S. Giordano.

"As we prioritize readiness and change how we apply fire power and how we fight, the most important component of just how effective we will be, tomorrow and well into the future, is of course our people," said Vice Chief of Naval Operations, Vice Adm. Bill Moran.

"When I say people, I mean Sailors, Navy civilians, engineers, yard workers, academia, industry. Together they form the Navy's asymmetric advantage."

The Surface Navy Association was incorporated in 1985 to promote greater coordination and communication among the military, business and academic communities who share a common interest in naval surface warfare and to support the activities of Surface Naval Forces.



Military Family Discount Program! This program is designed to recognize the contributions R.I. National Guard & local military make to the RI economy and their contributions to our security at home and abroad. For a complete list of participating retail, recreational and businesses, go to: www.risalutes.com and make sure you pull out your ID card wherever you see this sign logo posted (if you don't see it—ask about it!)



Applications to be accepted for 2017 National Veterans Golden Age Games Event Takes Place in Biloxi, May 7-11

The Department of Veterans Affairs (VA) will accept applications from Veterans interested in competing in the 2017 National Veterans Golden Age Games beginning May 7. Veterans ages 55 and older and enrolled in VA health care may complete applications online at

www.veteransgoldenagegames.va.gov

Applications will be accepted through March 1.

“VA is committed to offer sports and fitness as an integral part of a successful healthcare program, and I encourage every eligible Veteran to take advantage of this opportunity,” said Carla Carmichael, National

Veterans Golden Age Games director. “There are significant health benefits to leading an active lifestyle, and in keeping with the Games motto, we want every Veteran to achieve ‘Fitness For Life.’”

The 2017 National Veterans Golden Age Games will take place in Biloxi, Mississippi, May 7-11. Nearly 800 athletes are expected to compete in the national multi-sport competition for senior Veterans, embracing the “Fitness for Life” motto. The event encourages participants to make physical activity a central part of

their lives, and supports VA’s comprehensive recreation and rehabilitation therapy programs. Competitive events include air rifle, badminton, bocchia, bowling, cycling, golf, horseshoes, nine ball, powerwalk, shuffleboard, swimming, table tennis, and track and field. Exhibition events include: air pistol, archery, basketball, blind disc golf and pickleball.

VA research and clinical experience verify that movement and exercise are important to maintaining good health, speeding recovery and improving overall quality of life. The games encourage participants to continue in local senior events in their home communi-

ties and every other year serve as a qualifying event for competition in the National Senior Games. VA Gulf Coast Veterans Health Care System will host this year’s games. The Gulf Coast Veterans Health Care System provides care for more than 50,000 Veterans throughout Mississippi, Alabama, and Florida. For more information go to: goldenagegames.va.gov and follow VA Adaptive Sports on Twitter at [@VAAdaptiveSport](https://twitter.com/VAAdaptiveSport) or on Facebook at <http://www.facebook.com/vaadaptivesports>



DAV Veterans Information Seminar

A DAV Veterans Information Seminar will be held Jan. 18, 9 a.m. to noon, at Quinebaug Valley College, Room W101, 742 Upper Maple St., Danielson, Conn. 06239.

In addition, DAV National Service Officers (NSO) will be available, 12:30 to 3 p.m., to provide counseling and claims filing assistance.

The seminar is sponsored by the DAV John R. Morse Chapter #10 and the National Service Office, Newington, Conn.

During the seminar, a DAV NSO will discuss facts which will strengthen your knowledge and understanding of the benefits and services you earned.

VA National Cemetery

The Department of Veterans Affairs (VA) now provides eligibility determinations for interment in a VA national cemetery prior to the time of need. Through

the Pre-Need Determination of Eligibility Program, upon request, individuals can learn if they are eligible for burial or memorialization in a VA national cemetery.

Interested individuals may submit VA Form 40-10007, Application for Pre-Need Determination of Eligibility for Burial in a VA National Cemetery, and supporting documentation, such as a DD Form 214, if readily available, to the VA National Cemetery Scheduling Office by: toll-free fax at 1-855-840-8299; email to Eligibility.PreNeed@va.gov; or mail to the National Cemetery Scheduling Office, P.O. Box 510543, St. Louis, Mo. 63151.

Information on VA burial benefits: www.cem.va.gov, or by calling VA regional offices toll-free at 800-827-1000.

To make burial arrangements at any open VA national cemetery at the time of need, call the National Cemetery Scheduling Office at 800-535-1117.

Veterans Crisis Line



1-800-273-8255
PRESS 1